

Tips For A Healthy Holiday Season From Your Friendly Foodbank Dietitian!

'Tis the season for joyful celebrations, which include some amazing food. Here are some tips for eating well and feeling well during the holiday season!

1. **Create a colorful plate.** Make an effort to include vegetables, fruit, whole grains, and a source of protein, whether it be turkey, chicken, tuna or plant-based protein.
2. **Add Balance!** Try to balance sweet and salty holiday snacks with options, such as veggies and dip, or fruit salad.
3. **Eat mindfully.** These buffet-style meals only come around once a year, but it is important to pay careful attention to your hunger and fullness cues that happen naturally when you consume food.
4. **Stay physically active!** Go for a stroll or take the dog for a walk, but remember, the winter days are shorter so leave early before it gets too dark!



References: <http://www.heart.org>, <http://www.eatright.org>



Feel Good Holiday Beverages



Fill your glass with one part low-fat or skim milk and one part eggnog.

Use the milk in your box to make your own hot cocoa! Combine sugar and cocoa powder to make your own tasty version of this warm holiday drink!



Try to drink a glass of water or sparkling water between each alcoholic beverage.

Use The Beans in Your Box!

This month you have dried bean in your CSFP box– this is how you can use them! It's as easy as soak, cook, serve.

Ingredients

2 1/4 cup dried beans

10 cups water

Directions

Sort: Before soaking beans, pick them over and remove any damaged beans, small stones or dirt.



Soak: Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:

Hot Soak: Hot soaking helps reduce intestinal gas. For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for up to 4 hours.

Quick Soak: For each pound of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.

Overnight Soak: For each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.

After soaking...

Cook: Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1-1/2 to 2 hours until tender.

Serve: combine beans with canned beef, mixed vegetables and low sodium vegetable stock to make a hearty winter soup!

Cooked Beans Nutrition Facts:

Serving size: 1/2 cup ; **Calories:** 119 ; **Fat :** 0 g

Saturated Fat: 0 g ; **Sodium:** 9 mg ; **Total Carbohydrate:** 21 g ;

Dietary Fiber: 8 g ; **Protein:** 8 g ; **Calcium:** 30 mg ; **Iron:** 0 mg

Recipe from <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/cooked-beans>

Diabetes During the Holidays

We understand that many of our participants have multiple chronic diseases. Because of this we want to be more inclusive and provide tips and tricks for better use of our food boxes. Here are some tips if you are someone living with diabetes:

- Eating carbohydrates is normal and is a healthy part of living with diabetes... aim to eat around 30-60g of carbohydrates per meal.
- Eat carbohydrates that contain fiber! The best way to do this is to eat plant proteins like beans and lentils along with 100% whole wheat grain products!
- Please visit <http://www.extension.uidaho.edu/diabetesplate/index.html> for more specific information on eating with diabetes.

Good news about everything that's good to eat!



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